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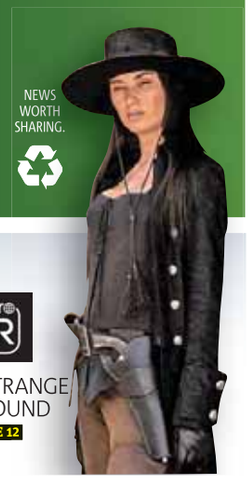

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3 Bonus Ballots until October 8th at 8pm
SEE PAGE 22

## Search for students leads to mass graves

Burned remains may be those of 43 students who disappeared amid protests in Mexico PAGE 5

## IT'S 'DAMNED SELVES' IN DISTRESS

metro AR

ALBERTA-SET CBC DRAMA STRANGE EMPIRE BREAKING NEW GROUND IN THE WESTERN GENRE PAGE 12

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# Mayor says pipeline key election issue

**Green economy and coastline.** Robertson says he's doing everything in his power to protect it

EMILY JACKSON
emily.jackson@metronews.ca

Mayor Gregor Robertson is determined to make his stance against Kinder Morgan's proposed pipeline expansion the wedge issue in Vancouver's civic election.

The Vision Vancouver mayor — who ultimately doesn't have any real decision-making power over the oil company's plans to triple its pipeline from Alberta to Burnaby — held a news conference Sunday to plug his staunch opposition to the pipeline, as a stark difference between himself and his top rival, Non-Partisan Association mayoral candidate Kirk LaPointe.

"We're emphasizing the difference between the NPA and Vision Vancouver in this election on a crucial issue to Vancouver," Robertson told reporters, calling on the NPA to break its silence on the pipeline he described as "the hugest threat that we face now to our viability as a city going forward."

LaPointe was not available for an interview, but issued a statement to respond to the mayor.

And it turns out the NPA's position is indeed distinct from Vision Vancouver's.

LaPointe did not expressly oppose the pipeline, stating instead that the NPA would advocate for Vancouver's interests in the National Energy Board process.

"The NEB process is in place to review projects such as Kinder Morgan's," LaPointe said in the statement. "Gregor Robertson has rejected it out of hand yet it has barely begun. That's typical of his refusal to listen to viewpoints that differ from his own."

Any approved activity must provide strong environmental protections, but Robertson and Vision's "rigid ideology have hamstrung our economy," LaPointe added.

"He is ashamed of our economy, and that has contributed to Vancouver having the lowest family income growth of major Canadian cities," LaPointe said.

Mayor Gregor Robertson, centre, repeats his staunch opposition to Kinder Morgan's pipeline expansion at a Sunday news conference with Vision Vancouver candidates (left to right) Coun. Andrea Reimer, Brent Granby, Niki Sharma and Coun. Tim Stevenson. EMILY JACKSON/METRO

This isn't the first time pipeline politics are in play for Vancouver voters. In the 2013 provincial election, MLA David Eby's strong opposition to oil tankers helped him defeat Premier Christy Clark in the Vancouver-Point Grey riding.

Robertson said he is not copying the NDP's election strategy, but is simply doing everything in his power to protect Vancouver green economy and coastline.

"The majority of Vancouverites understand the threat of 340 more oil tankers in our waters every year," he said. "It's very important that we channel that opposition back to Ottawa so they understand this isn't going to happen here."

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## FIVE THINGS YOU NEED TO KNOW TODAY

**1**
### ELECTION TALK
Metro is chatting with the candidates vying to run this town. Go to metronews.ca today to hear from COPE mayoral candidate Meena Wong at 10:30 a.m. and Green Party council candidate Coun. Adriane Carr at noon. Tweet us your questions @vancouvermetro.

**2**
### OPPENHEIMER PARK
The fate of the ongoing Oppenheimer Park homeless camp will be decided this week, as hearings at B.C. Supreme Court begin on Monday.

**3**
### BIG DAY FOR CAN LIT
Book lovers, take note: The Scotiabank Giller Prize is announcing its 2014 short list in Toronto today, down from its long list of 12 Canadian books.

**4**
### FUNNYMAN FÊTED
The American Film Institute is awarding Steve Martin this year's Life Achievement Award, the institute's highest honour. The award will be given at a tribute in Los Angeles in 2015.

**5**
### FORD'S CANCER FIGHT
Rob Ford's brother says the ailing Toronto mayor will begin a second round of chemotherapy on Tuesday. Ford underwent an initial round of chemotherapy last month after doctors found a tumour in his abdomen.

# Legislature: Grits' LNG tax expected to dominate debate

**New session.** NDP say Liberals' one-track mind has left jobs, education, health care by the wayside

Liquefied natural gas is poised to get top billing during the British Columbia fall legislative session, but the Opposition and environmental groups have plans to shift the focus.

Politicians return to the legislature Monday for a session scheduled to last until Nov. 27.

Lt.-Gov. Judith Guichon will read a throne speech that lays out the government's agenda.

Finance Minister Mike de Jong said the Liberal government plans to introduce two separate pieces of legislation that focus on LNG, one covering taxes, the other emissions reporting.

He introduced a proposed LNG Income Tax with last February's budget, and government and the oil and gas industry have been in consultations ever since.

Opposition New Democrat house leader Mike Farnworth said the government has been fixated on LNG to the point where other issues important to British Columbians, including jobs, education and health care have been ignored.

"LNG has been the only thing this government has focused on at the expense of everything else," he said. "They have made a raft of promises about what LNG is going to do for the province and we have yet to see anything. We're going to have a real opportunity to go after this government on its economic focus on LNG."

The government wants to post a tax rate that convinces energy firms that they can invest in B.C. and remain competitive in the world LNG markets, but it's also mindful that British Columbians expect a fair return from the resource, de Jong said.

Premier Christy Clark bills the development of an LNG export industry as having the potential to generate a trillion-dollar economic opportunity that could create up to 100,000 jobs. THE CANADIAN PRESS

**By the numbers**

**De Jong said the first tier of the tax would be 1.5 per cent at the start of production, and the second tier could rise to seven per cent once the plant is running and capital costs have been deducted.**

- Specific figures will be introduced in the session, but de Jong indicated last spring that seven per cent was at the top of the tax range.

Natural gas is burned off in the background as Christy Clark visits the Encana compressor site in Dawson Creek, B.C. in 2013. JONATHAN HAYWARD/THE CANADIAN PRESS

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# Dragon boat club loses 10 canoes in fire

**Past security concerns.** Temporary storage containers have been a target of several break-ins

MATT KIELTYKA
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Dragon boat organizers are reeling after an overnight fire caused extensive damage to a temporary storage facility in False Creek on Sunday.

Rio Tinto Alcan Dragon Boat Festival spokeswoman Anita Webster told Metro they received a call at 4:30 a.m. from a security company that the on-site storage containers near the launching dock had caught on fire.

"We know nothing of the cause of the fire, of course, but the damage is extensive," said Webster.

Destroyed — along with paddles, life-jackets and other equipment — were 10 single-person outrigger canoes, which the paddling club had recently purchased for $2,000 each.

"They were a fairly new acquisition for us, and we were starting to rent them out and giving our members access to them," she said. "We're just pleased that no one was hurt, the dock wasn't damaged and there were no dragon boats in there."

The temporary storage containers have previously been a target of several break-ins, leading organizers to lobby the city for a permanent home for the festival.

They finally got their wish, with the city granting them permission to proceed with the first phase of a permanent boathouse.

Webster said the boathouse, which will help alleviate the long-running security and storage concerns, should be open by June, in time for next year's festival.

Follow Matt Kieltyka on Twitter @Mkieltyka

An overnight fire on Sunday caused extensive damage to temporary storage containers used by Dragon Boat Festival organizers at False Creek.
MATT KIELTYKA/METRO

**Alleged shoving incident**

## Legal group calls for better police training

A legal advocacy group that represents a disabled woman who was apparently pushed by a Vancouver constable is calling for better training for police officers who work in marginalized communities.

The Pivot Legal Society said officers should be provided with mentors and taught to be more sensitive toward the needs of people such as Sandy Davidsen, who has cerebral palsy and multiple sclerosis and lives in the Downtown Eastside.

The recommendations come before a public hearing Monday into the actions of Const. Taylor Robinson, who was caught on video apparently shoving Davidsen to the ground in June 2010 as she tried to cut between three officers. THE CANADIAN PRESS

**Stanley Park**

## Pedestrian, 71, dies after being hit by cyclist

A 71-year-old man has died after being knocked to the ground in a collision with a cyclist in Vancouver's Stanley Park.

Police say the man was crossing a street Friday afternoon when he was struck and is believed to have suffered a serious head injury.

He was rushed to hospital, where he died early Saturday morning.

Sgt. Randy Fincham says the 57-year-old cyclist was emotionally shaken but not injured.

He remained at the scene and is co-operating with police.

Fincham says the man is the second pedestrian to die in Vancouver this year. THE CANADIAN PRESS

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# City starts legal fight over Arbutus corridor

**Negotiations fail.** City says railway has no plan to actually use the track

EMILY JACKSON
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Use it or lose it.

That's the City of Vancouver's argument in a B.C. Supreme Court constitutional challenge filed on Friday against Canadian Pacific Railway over its plans to run trains down the Arbutus corridor for the first time in more than a decade.

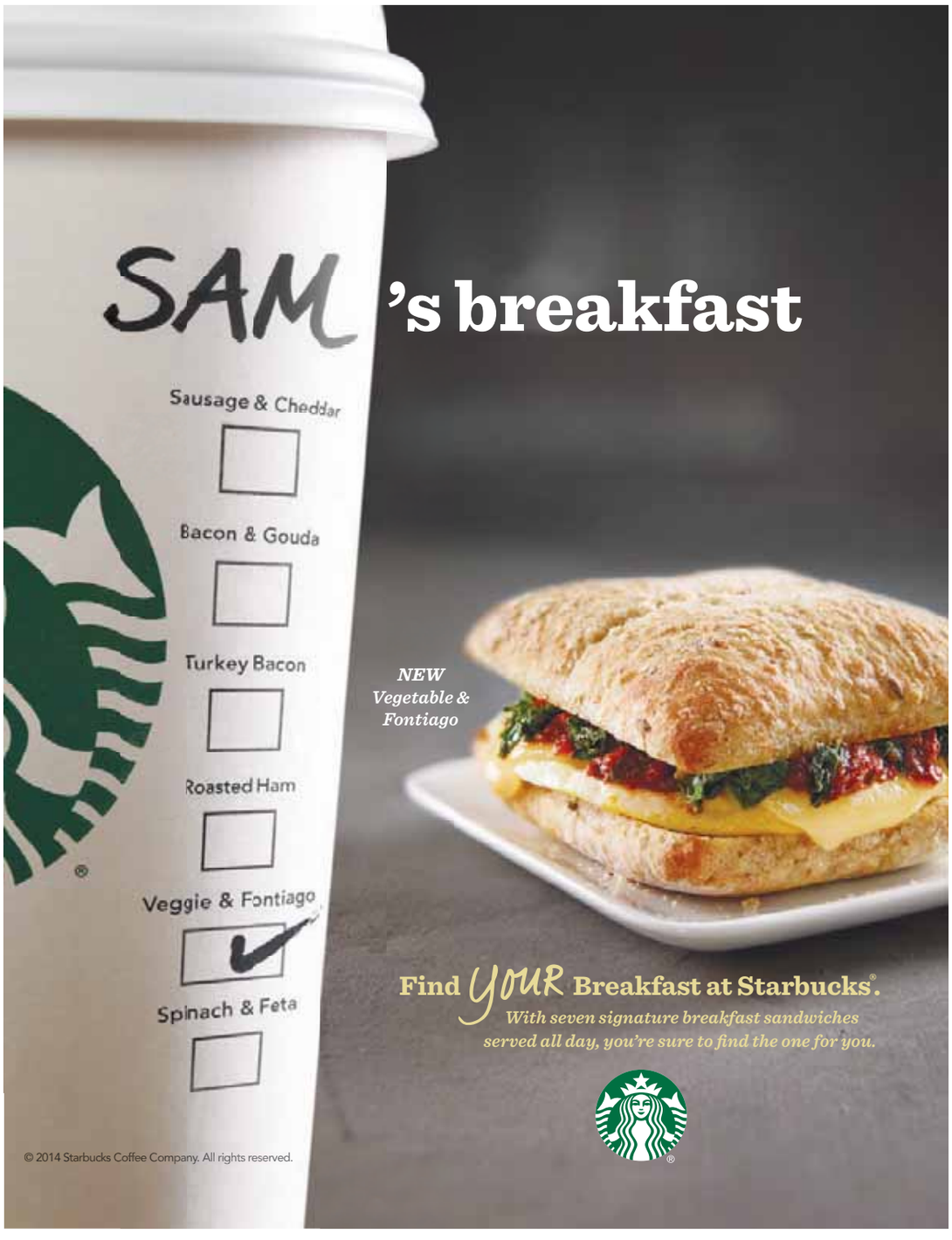
The city argues that since the railway hasn't used the land since 2001 and has "no serious intentions — let alone realistic and responsible plans" to use the tracks for business, CP doesn't have the right to reactivate the tracks without further approval from the federal government.

The city also asked the courts for an injunction against clearing gardens on the corridor and its margins (CP started bulldozing some plots in mid-August), spraying herbicide and undertaking any work without renewed approval under the Canada Transportation Act.

The legal action comes three weeks after negotiations failed between CP and the city over the 11-kilometre stretch of tracks through the city's west side.

The city offered to buy it for $20 million and promises to use it as a transportation corridor, but CP insists the land is worth $400 million due to beliefs it will be rezoned for more valuable uses, such as housing.

The Arbutus corridor, seen from 16th Avenue. JENNIFER GAUTHIER/METRO FILE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## Dog gone no longer. St. Bernard found after being stolen with pickup

After two nights on the town, Tzou the St. Bernard has been reunited with his family.

The three-year-old mountain dog was in the back of a Dodge pickup truck when it was stolen in Chinatown on Thursday evening.

Police later found the truck abandoned in Fairview, but Tzou was still missing.

The St. Bernard's owners organized a search party for their dog, which was spotted roaming around West Broadway and Heather Street and then again 10 blocks away at West 3rd and Cambie on Friday night.

Eventually, a concerned citizen returned the dog to police headquarters at the foot of the Cambie Bridge late Friday night.

The friendly dog's grateful owners thanked the community in an Instagram post depicting a dog very content to be back with its family.

EMILY JACKSON/METRO

Tzou the three-year-old St. Bernard was returned to its owners after the truck it was in got stolen in Chinatown. INSTAGRAM

Organized crime

## Fear not — gang killings are actually down, say police

Police say homicides related to organized crime are down by nearly half in Metro Vancouver, despite recent shootings that have raised concerns about gang-related murders.

Staff Sgt. Jennifer Pound of the Integrated Homicide Investigation Unit (IHIT) says 21 per cent of homicide investigations between January and September were connected to organized crime, compared to 41 per cent during the same period last year.

Pound says most of IHIT's investigations this year had motives primarily based on altercations, followed by domestic issues.

She says the motive for a homicide is key in determining if it is connected to organized crime, not the individuals' association or involvement with such activities.

Recent shootings have led to concerns about a return to a gang war in the area. Last week, an 18-year-old man was shot in an SUV in Abbotsford, and a 16-year-old boy was charged with second-degree murder in connection with the shooting of a 20-year-old man in Burnaby on Sept. 24. THE CANADIAN PRESS

## Palestinians go along for the ride during Eid al-Adha

Palestinians enjoy a ride in an amusement park during Eid al-Adha, a holiday celebrated by Muslims worldwide, in the West Bank city of Jenin on Sunday. Eid al-Adha, a three-day holiday that started Saturday and commemorates the willingness of the Prophet Ibrahim to sacrifice his son in accordance with God's will. MOHAMMED BALLAS/THE ASSOCIATED PRESS

Ferguson

### Protesters change symphony's tune

Several dozen people protesting the shooting death of black teenager by a white policeman have interrupted a performance of the St. Louis Symphony.

Reports say that as the musicians were about to perform a song, demonstrators began singing and unfurled banners from a balcony related to 18-year-old Michael Brown's shooting in August in Ferguson.

THE ASSOCIATED PRESS

Iraq

### Soldiers publicly executed by ISIS

Militants from the Islamic State of Iraq and al-Sham (ISIS) on Sunday publicly shot and killed six Iraqi soldiers captured in a western province where the extremists continue to advance despite an expanding U.S.-led campaign of airstrikes.

The killings took place in the town of Hit, about 140 kilometres west of Baghdad.

THE ASSOCIATED PRESS

# Search for 43 missing students leads to mass graves in Mexico

**Iguala.** Families offer DNA samples to find out if burned remains are of those who disappeared amid violent protests

Students and the relatives of missing students unfurl a banner as they block a main highway in Chilpancingo, Mexico, on Sunday. Protesters are demanding answers a day after security forces found a mass grave, raising fears the pits might hold 43 missing students. ALEJANDRINO GONZALEZ/THE ASSOCIATED PRESS

Security forces investigating the role of municipal police in clashes in Iguala, Mexico, have pulled several burned bodies from mass graves on the edge of town, a lawyer for the families of 43 missing students said Sunday.

Attorney Vidulfo Rosales said the remains were those of an undetermined number of people, and were unidentified. Relatives of 37 of the missing people have provided DNA samples that will be used to determine if the remains belong to any of the students, the attorney said.

The students have been missing since last week in violence that also resulted in six shooting deaths.

Guerrero Gov. Angel Aguirre said Saturday that the victims were "savagely slaughtered."

A group of protesters blocked a main highway in the state capital of Chilpancingo on Sunday demanding justice in the case. "You took them alive, we want them returned alive," read a huge banner blocking the road.

Anger over the discovery of the graves exploded Saturday night when a group of young people from the school protested outside the governor's Chilpancingo residence. They threw Molotov cocktails and overturned a car after state authorities told them they would not allow them to travel to the graves to determine if the bodies are those of their missing classmates.

Guerrero State Prosecutor Inaky Blanco did not say Saturday night how many bodies were in the burial pits uncovered on a hillside on Iguala's outskirts, and he declined to speculate about whether the dead were the missing students.

"It would be irresponsible" to jump to conclusions before tests to identify the bodies, Blanco said. Officials said the federal Attorney General's Office and the National Human Rights Commission had sent teams of experts to aid state authorities in identifying the remains.

About 100 soldiers, marines and federal and state police on Saturday cordoned off the area where the grave site was found in the poor Pueblo Viejo district of Iguala, which is about 200 kilometres south of Mexico City.

Blanco said eight more people had been arrested in the case, adding to the 22 Iguala city police officers detained after a police confrontation with student protesters last weekend set off a series of violent incidents in the city.

The prosecutor has said state investigators had obtained videos showing that local police arrested an undetermined number of students after the initial clash and took them away.

State prosecutors have said the first bloodshed occurred when city police shot at buses that had been hijacked by protesting students, killing three youths and wounding 25. A few hours later, unidentified masked gunmen shot at two taxis and a bus carrying a soccer team on the main highway, killing two people on the bus and one in a taxi.

THE ASSOCIATED PRESS

**A history of violence**

**The Aytozinapa Normal school attended by the missing students is known for militant and radical protests that often involve hijacking buses and delivery trucks.**

- In 2011, two students from Aytozinapa died in a clash with police on a highway that leads to Acapulco.

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# More support needed for troubled police, say mental health experts

**Suicides.** Traumatic encounters, stressful working conditions and cultures of silence leave officers vulnerable

Some recent suicides among Canada's police officers have mental health advocates redoubling calls for more aggressive government action and greater public sympathy for the emotional well-being of law enforcement professionals.

Traumatic encounters on the job, coupled with stressful working conditions and challenging cultures of silence, leave police vulnerable to mental health stress, they said, arguing the issue is comparable in scope to the more high-profile challenges faced by the country's military community.

The most recent apparent case of suicide, according to multiple media reports, was Staff Sgt. Kal Ghadban, a 22-year veteran of the Ottawa police force whose body was found in his office last weekend.

Canada does not have a central database to track police suicides, but a recent effort to document the problem has some people drawing striking parallels.

The Tema Conter Memorial Trust, an organization that works to raise awareness of the mental health concerns faced by first responders, began logging police suicides in late April.

In just over five months, the group said, it recorded 12 instances where actively serving officers took their own lives. The group said each case was verified with individual police forces or other first responders before being formally recorded as a suicide.

Tema Executive Director Vince Savoia said the numbers are comparable to a sharp spike in military suicides last year that had the Department of National Defence fielding harsh criticism from the opposition.

In a three-month stretch from November 2013 to February 2014, the military recorded 10 confirmed suicides.

Savoia said the comparable numbers are not altogether surprising, considering the similar challenges faced by soldiers and cops.

Both groups tend to attract driven, ambitious people who are averse to admitting weakness.

This natural reticence becomes enhanced by an internal culture that discourages signs of perceived weakness and is further reinforced by a more broad-based social stigma toward those struggling with mental illness, he said.

THE CANADIAN PRESS

## Iraq. Nicholson cagey about length of Canada's combat commitment

Defence Minister Rob Nicholson is refusing to say whether Canada will bow out of its planned combat role in Iraq after six months or seek an extension.

MPs are expected to vote Monday on the Conservative government's decision to join allies in airstrikes against the extremist Islamic State in Iraq and el-Sham (ISIS), which has been terrorizing stretches of Iraq and Syria.

The opposition NDP and Liberals have indicated they will not support Prime Minister Stephen Harper's plan, partly out of concern Canada could be dragged into a lengthy quagmire.

In an interview with CTV's Question Period, Nicholson stressed that the motion before Parliament would commit Canada's CF-18 fighters for a maximum of six months.

But he stopped short of promising that would be the end of Canada's combat mission.

Nicholson says ISIS is in the business of mutilation, rape and murders, and that Canada must take action.

THE CANADIAN PRESS

Defence Minister Rob Nicholson responds to a question during Question Period in the House of Commons, Thursday, Oct.2, in Ottawa. Nicholson refuses to say whether Canada will bow out of its planned combat role in Iraq after six months or seek an extension. ADRIAN WYLD/THE CANADIAN PRESS

## Bubble ballers bounce around at Bellwoods

Vince Farago, left, and his friend Tyler Sammy braved the chilly October air to do battle during a game of bubble soccer Sunday at Trinity Bellwoods Park in Toronto. CARLOS OSORIO/TORSTAR NEWS SERVICE

Massachusetts

### U.S. doctor back in hospital after Ebola feels better

A doctor admitted to a Massachusetts hospital this weekend for an apparent respiratory infection after surviving the Ebola virus was in stable condition and feeling better Sunday, but still has a fever and cough, hospital officials said as they awaited Ebola testing results. Officials at UMass Memorial Medical Center in Worcester said Dr. Richard Sacra remained in isolation as a precaution.

THE ASSOCIATED PRESS

Canadian man in Cuba

### To appeal or not to appeal 15-year sentence?

A lawyer for a Canadian businessman sentenced in Cuba to 15 years in prison says a decision will be made this week whether to appeal or let the verdict stand in hopes of speeding his return to Canada.

Cy Tokmakjian, who owns the Ontario-based automotive company Tokmakjian Group, was sentenced last month on corruption-related charges that his family has called completely false.

THE CANADIAN PRESS

Eve of Ukraine visit

### Canada's religious freedom envoy blasts Putin

Canada's religious freedom ambassador is bound for Ukraine and says Russian President Vladimir Putin is orchestrating the persecution of Orthodox Christians, Catholics and Muslim Tatars.

Andrew Bennett's one-week, fact-finding mission begins Monday in Kyiv, where he meets religious leaders and government officials, among others.

THE CANADIAN PRESS

Dallas

### Officials find homeless man possibly exposed to Ebola patient

Authorities say they've located a homeless man who needs to be monitored because he may have had contact with the lone Ebola patient in the United States.

Dallas city spokeswoman Sana Syed said the man was located Sunday, a few hours after officials first said he was missing.

The person is not considered to be one of the 10 people who definitely had contact with Thomas Eric Duncan. THE ASSOCIATED PRESS

# Hong Kong protesters divided on plans to remove blockades

**Pro-democracy protests.** Officials in Hong Kong have said they intend to have major streets open by Monday morning

A pro-democracy student protester wakes after a night on the occupied roads of the financial district in Hong Kong on Sunday. WALLY SANTANA/THE ASSOCIATED PRESS

Hong Kong's pro-democracy activists agreed Sunday to remove some barriers blocking roads and sidewalks ahead of the government's deadline to scale back their protests. But the demonstrators appeared to be divided, and others refused to budge, with only hours to go.

An alliance of students said it had tried but so far failed to reach agreement with officials on a plan to begin talks on their demands for wider political reforms. The group vowed to continue protests until details of the talks might be worked out.

Earlier in the day, students occupying the area just outside city government headquarters agreed to remove some barricades that were blocking the building's entrance, after the government said it would do whatever was necessary to ensure 3,000 civil servants would have full access to their offices on Monday.

The partial withdrawal appeared to be part of a strategy to regroup in another part of town, as protesters were urged to shift from other areas to Hong Kong's Admiralty shopping and business district, a central location near the government's main offices that has served as an informal headquarters for the protests.

Alex Chow, another student leader, said he was not worried about the crowd dwindling as people prepared to return to work and school on Monday.

"People need rest, but they will come out again. It doesn't mean the movement is diminishing. Many people still support it," Chow said.

Officials said they intended to have key streets open for schools and offices by Monday morning, but it was unclear whether they would act to clear the streets and other areas by force or just settle for a partial victory in clearing some roads.

Tens of thousands of people have poured into the streets of the semi-autonomous city since Sept. 28 to peacefully protest China's restrictions on the first-ever direct election for Hong Kong's leader, promised by Beijing for 2017.

The protests are the strongest challenge to authorities in Hong Kong — and in Beijing — since the former British colony returned to Chinese rule in 1997. THE ASSOCIATED PRESS

# $4B plan. Abbas to ask for funds to rebuild Gaza

More than five weeks after the Israel-Hamas war in the Gaza Strip, tens of thousands of people whose homes were destroyed or badly damaged in the fighting still live in classrooms, storefronts and other crowded shelters. In some of the hardest-hit areas, the displaced have pitched tents next to the remains of what were once their homes, now debris.

Next week, Palestinian President Mahmoud Abbas is to ask for $4 billion US for Gaza at an international pledging conference in Cairo. Once the money is raised, a United Nations deal is to ensure building materials get into Gaza, despite a continued Israeli-Egyptian border blockade.

The international community already has pledged millions of dollars for Gaza relief, but Abbas is seeking $4 billion for reconstruction and $4.5 billion in budget support for his government through 2017.

THE ASSOCIATED PRESS

# Lucky dog cheats death, finds new home

**Lazarus rising.** After being hit by a car, four-year-old dog survives euthanasia injection and gets adopted

Animal control officer Wanda Snell knows what she saw: A veterinarian inserted a needle into the black-and-brown mutt and injected a chemical meant to euthanize the dog no one had adopted. The animal moved a little, and then faded.

What she can't explain is how he recovered from what is typically a lethal injection.

Snell said she arrived for work the next morning at the shelter in Ozark City, Ala. and saw the dog standing in an outdoor pen linked to the interior kennel. He'd walked out and helped himself to some water.

A rescue worker named the four-year-old dog Lazarus after the man Jesus is said to have brought back to life.

Lazarus arrived at the shelter Aug. 19, cut, bloodied and missing the padding from his rear left paw after a car hit him.

After his recovery, another adoption call was made on Facebook and Lazarus' fortunes changed. He was claimed by another rescue group leader who turned the dog over to a family living 257 kilometres away.

Jane Holston of Helena, Ala. is now Lazarus' foster mother.

Diagnosed with a dangerous case of heartworms in addition to his damaged paw, Lazarus is on the mend with rest and proper medication.

Left for dead weeks ago, Lazarus now romps in the grass and plays tug-of-war with housemate Tucker, another rescue dog living with Holston.

"He's not skittish, he's not afraid of anything, anybody, any sounds. I mean, it's just amazing (with) all he has been through," Holston said.

THE ASSOCIATED PRESS

Lazarus

JAY REEVES/THE ASSOCIATED PRESS


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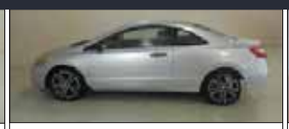

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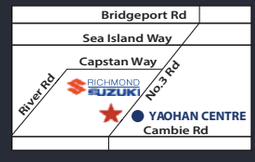

## A towering tradition

**Members of the Castellers Collas Jove Xiquets de Tarragona fall as they tried to complete their human tower during the 25th Human Tower Competition in Tarragona, Spain, on Sunday. The tradition of building human towers or castells dates back to the 18th century. In 2010, castells were declared by UNESCO one of the Masterpieces of the Oral and Intangible Heritage of Humanity.**

EMILIO MORENATTI/THE ASSOCIATED PRESS

**Catholic soul-searching**

## Church to discuss family, sex issues

Pope Francis has called for a creative, humble approach as the Vatican ponders why many in the Catholic Church have gone their own way on sexual and family issues such as contraception, pre-marital sex and divorce.

A mass on Sunday opened a two-week meeting of 200 cardinals and bishops who will discuss contentious issues including bans on artificial birth control and Communion for divorced faithful who remarry. THE ASSOCIATED PRESS

**Taliban tweeting**

## Spokesman knows where he lives

An apparently errant tweet by the Taliban's spokesman in Afghanistan gave his location as being in neighbouring Pakistan.

On Friday, a tweet by Taliban spokesman Zabihullah Mujahid claiming an attack included geolocation information suggesting he was in Sindh, Pakistan. Mujahid later sent a tweet Saturday describing the location leak as an enemy plot.

"With full confidence, I can say that I am in my own country." THE ASSOCIATED PRESS

# IOC's 'arrogance' spurs Norway to pull Olympics bid

**Strongly-worded response.** IOC says Norway's decision to withdraw based on 'half-truths and factual inaccuracies'

IOC President Thomas Bach
THE ASSOCIATED PRESS FILE

Fears of spiraling costs and dissatisfaction at the perceived high-handedness of the International Olympic Committee sparked anger in Norway, making it impossible for lawmakers to back a bid for the 2022 Winter Olympics in Oslo. That vote, last Wednesday, killed Norway's bid and narrowed the list of potential hosts to Beijing and Almaty in Kazakhstan.

On the morning of the vote, Norway's largest newspaper, VG, printed demands the IOC would make to Oslo, including IOC members enjoying a cocktail reception with the King and having special lanes for Olympic traffic.

"The IOC's arrogance was an argument held high by a lot of people in our party," said Ole Berget, a deputy minister in the Finance Ministry.

IOC President Thomas Bach accused the reporting of being overblown.

"Since 1896 every head of state was opening the Olympic Games according to the Olympic Charter," Bach said. "How you can make out of this fact a request for a cocktail party?"

Norwegian dissatisfaction with the IOC dates back long before last week's lurid headlines. Opposition to the bid and the IOC began mounting after the IOC reprimanded four Norwegian skiers at the 2014 Sochi Winter Games for wearing black armbands in memory of an athlete's brother who died on the eve of the games.

THE ASSOCIATED PRESS

## London sheepish over 800-year-old tradition

Sheep are held in pens ready for freemen of the City of London to exercise their right to drive sheep across London Bridge in London, Sunday. The event, organized in aid of the Lord Mayor's Appeal, re-enacts an 800-year-old tradition: When the bridge was the only crossing over the river Thames, the right to drive sheep across it and into the City of London without paying taxes was a privilege granted only to freemen of the city.

TIM IRELAND/THE ASSOCIATED PRESS

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# Loonie takes nosedive, is likely to stay below water

HOW TO ROLL
Alison Griffiths
metronews.ca

Do you have a sinking feeling?

The loonie certainly does.

Just a year after predictions of an extended period above par for the Canadian dollar against the greenback, the loonie has sunk below 90 cents US, a six-month low.

I polled senior economists and the consensus is that our weak dollar is here to stay. In fact, many believe that 85 to 87 cents will be the new normal.

Some investors will be cheering, others weeping into their beer. Anyone who purchased U.S. stocks a year or more ago has seen a nice appreciation just on currency alone. As the loonie sags, the value of those U.S. holdings rise.

But those who have been sitting on the fence waiting for an overdue stock market correction of 10 per cent or more are now going to pay dearly to buy south-of-the-border equities.

Not long ago, the majority of mutual funds and exchange-traded funds investing in U.S. or other international stocks and indices were hedged. Hedging cancels or neutralizes the effect of currency movements.

For a number of years, I have been among many who recommended buying unhedged mutual funds and ETFs where possible. I felt that with the loonie at a 30-year high against the greenback, it was only a matter of time before the trend reversed.

**Down low**

**Canuck buck vs. the U.S. dollar:**

- **1952-1960:** $1.02 to $1.06 US
- **1973-1976:** $1.02 to $1.04 US
- **2002-2004:** $.062 to $.070 US
- **November 2007:** $1.10 US (modern-day high)

A 10 per cent-plus drop in our currency produces a similar gain when a U.S. investment is translated into Canadian dollars.

Now, it's time to be currency-defensive, at least for U.S. investments, in case the Canadian dollar defies the experts and heads north again. New money should be directed at hedged mutual funds and ETFs. In fact, investors who normally purchase individual stocks might consider investing in Canadian-listed, hedged ETFs instead.

Any U.S. stock bought with Canadian dollars will be about 12 per cent more expensive from the get-go, once exchange fees are taken into account.

The currency flu might force travellers to abandon U.S. holiday plans. But at least we're not alone.

The euro, pound, Swiss franc, South African rand and Australian dollar are all dropping like stones against the mighty greenback.

# Pharmacare coming to Canada?

It's a buzzword in the medical community, although one that hasn't quite caught fire yet with Canadians at large: pharmacare, a national program that would see prescription drugs covered through a publicly funded system rather than out of pocket.

Many doctors are clamouring for it. Canadians dream of it when faced with sky-high drug costs as when they fight cancer, diabetes, heart disease and other illnesses. Even private insurers aren't entirely opposed.

And now politicians are starting to take up the cause. The federal NDP is calling for national pharmacare, while Ontario's new health minister has emerged as one of its most enthusiastic cheerleaders as he urges a federal strategy.

"I can't tell you how many times I'd have to go into the sample drawer, because I knew if I gave a prescription to someone, they weren't going to fill it because they couldn't afford it," said Eric Hoskins, also a physician, in a recent interview.

**No public coverage**

**Canada, with its aging population, is the only industrialized nation with universal health insurance but no public coverage of prescription drug costs.**

- An estimated one in 10 Canadians can't fill prescriptions because of the expense.

About one in 10 Canadians cannot afford to fill prescriptions due to costs.
MARIO TAMA/GETTY IMAGES FILE

The Organization for Economic Co-operation and Development has found that Canada has the second highest per capita spending on prescription drugs in the OECD.

That's largely because there's no national standard for drug coverage or drug purchasing in Canada.

The patchwork of provincial and territorial healthcare systems means Canadians with life-threatening illnesses are confronted with costs that can vary wildly from province to province.

Even if ailing Canadians have private drug coverage, their insurers may refuse to reimburse them if the medications aren't considered to be offering value for money. Many medications, especially so-called orphan drugs that are prescribed for rare illnesses, are exceedingly expensive in Canada.

THE CANADIAN PRESS

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# FLOOR OF THE EX-KETTLE OF FISH IS NOT 'HOME'

URBAN COMPASS

**Paul Sullivan**
vancouver@metronews.ca

In 2008, Gregor Robertson pledged to end homelessness by 2015.

It's going to be a close call, especially because, despite the city's best efforts, the number of homeless people continues to rise.

The city will probably end up declaring victory in 2015 with a big fat asterisk after the celebratory headline: "City Ends Homelessness on Schedule (with the Following Qualifiers ... )". At that future moment, there will be enough shelter beds and temporary accommodation to make sure Vancouver's 536 homeless people have a roof over their heads that night.

The trouble is that an empty square on the floor of the former Kettle of Fish restaurant is hardly a "home."

Nor is a tent in Oppenheimer Park, especially when the temperature slips below zero, as it has a tendency to do in the winter, whatever we tell our relatives back east.

Today, in fact, the city will go before the B.C. Supreme Court and argue that it's time to evict the 100 or so people camping out in the park to protest their homelessness.

I'm guessing the city will prevail, and Vancouver's latest tent city will be dismantled. And really, it's no place to live.

Nor is the Kettle of Fish restaurant, nor any of the other temporary shelters offered as a solution to sleeping on street corners or under the viaduct.

Nor are many of the so-called "homes," the single-room occupancy (SRO) hotel rooms that provide shelter for thousands in the Downtown Eastside. There's a reason the protesters would rather camp in the park than live in a SRO. They stink, in the main.

Have you ever seen an SRO up close? There's hardly enough room to swing a cat (not recommended); no bathroom, no kitchen, often no window. But plenty of bedbugs, cockroaches and rats.

The bathroom is down the hall and it hasn't worked in weeks.

That's what you get for welfare housing allowance of $375 a month. Poor people aren't the only ones who see no future in that. Landlords can do basic repairs and rent the rooms to students for twice that, so more and more SROs are climbing out of reach, fuelling the increase in homeless numbers.

It's a vicious circle. As soon as the city and the province and worthy organizations such as Street to Home open decent social housing, more SROs disappear, and the city is forced to fudge figures to reach its epic 2015 promise.

You'd think it wouldn't be that hard to provide decent housing for 500-plus people. Maybe you're even wondering why we should provide free housing for people who won't take care of themselves.

The problem is that there's a thin line between "won't" and "can't." Some people go back and forth across that line every day, but once you're on the street, you need help.

But most of all, you need a home. The mayor made a promise. He should keep it. Without any asterisks. Otherwise, why make it?

## Metro Bitstrips caption contest

Are you planning to eat the Sports section?

### Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create your own avatar and add your caption to the next comic. The funniest entry will be printed here and you'll be able to check out the runners-up by scanning the cartoon with your Metro News app.

MetroTube

## Drone's-eye view

ANDREW FIFIELD
andrew.fifield@metronews.ca

**Drone-maker DJI sent one of its gadgets to Iceland for an intimate look at an erupting volcano — so intimate that the heat melted the face on the camera. The best part about all this? The volcano is called Bardarbunga, an Icelandic volcano handle that you can actually pronounce. (DJI/YouTube)**

GETTY IMAGES FILE

Twitter

**@metropicks asked: A stalled Disney ride stranded passengers for two hours. What's your most brutal experience being stuck somewhere?**

**@kendwren:** Got stuck in 5 hours of traffic after a 10 hour drive - on a bus full of 30 or so 10-14 year old female Cheerleaders #horrible

**@CallaghanAndrew:** stuck on slash mountain for 45 minutes midstream, then miraculously works again so we can go down massive slide #neveragain

metro AR

SEE THE NEWS COME ALIVE

*In this issue, you can find AR enhancements on page 12 in Scene and page 22 in Sports.*

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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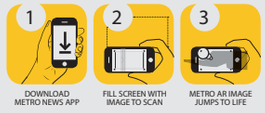


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SCENE

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Kobo's new H2O ereader is water-resistant up to a point. You have to keep its connection door closed and, because touchscreens and water do not mix, wipe it dry before use. This makes it ideal for a relaxing bath when accidental dunks are very likely. The backlight is now easier to adjust for sensitive eyes and very welcome during winter's early nights.

Harvey Award

## Stewart museum gives Burnett its big rabbit award

Actress and comedian Carol Burnett is set to be honoured by a Pennsylvania museum dedicated to actor Jimmy Stewart.

Burnett will receive the museum's Harvey Award at a Friday fundraiser for the James M. Stewart Museum Foundation.

The award is named for the 1950 film in which Stewart befriends an invisible rabbit. It is typically given to someone with connections to Stewart.

Burnett has called Stewart her idol. He appeared on the final episode of The Carol Burnett Show as a surprise guest, ending its 11-year run in 1978. He died in 1997.

THE ASSOCIATED PRESS

# Western women in distress, but don't call them damsels

**Strange Empire.** Set in 1869 Alberta, new CBC drama follows three women as they struggle for survival and independence

The young female stars of CBC's Strange Empire know they're breaking new ground in the western genre.

Set in 1869 on the Alberta-Montana border, the new series premiering tonight stars Cara Gee, Melissa Farman and Tattiawna Jones. After most of the men in their community vanish in mysterious circumstances, the trio of women must fight for their independence and survival.

"We are definitely in distress, but by no means are we damsels," said Farman in a summer interview.

"We're damned selves in distress," joked Gee, cracking up her co-stars.

Gee stars as Kat Loving, a bold Métis woman determined to rebuild her family after a sudden loss. Farman plays Dr. Rebecca Blithely, a mildly autistic savant whose intelligence is thought to be a rare anomaly for her gender. And Jones is Isabelle Slotter, the spiritualist daughter of freed slaves.

"Thousands and thousands of women like this actually existed. Their stories just haven't been told," said Jones, an Ontario-born actress best known for Flashpoint.

"We're showing the story of our foremothers, not just our forefathers," agreed Farman.

metro AR CBC's latest offering is a western-style show with women (Tattiawna Jones and Cara Gee) at the helm. Scan this photo with your Metro News app to watch the trailer. CONTRIBUTED

"The western is a myth of origin. As a nation, it's our tale of beginnings. Women are part of that beginning. So it's very exciting, and I think we're honoured to be part of that kind of storytelling."

Strange Empire, from Durham County writer Laurie Finstad-Knizhnik, has been touted by the CBC as an example of the bold new direction the public broadcaster is taking.

Gee said it was interesting to see the CBC take a chance on the series. "It's unlike anything else that's on TV right now, and it's so dark."

Finstad-Knizhnik said she "got goosebumps" when the producers told her about the basic concept of the show.

"The western is a genre that's very convention-laden and cliché-ridden. The roles for women are particularly tiny and minimal," she said. "I wanted to explode that, just for the fun of it."

She said a lot of research went into creating the series, set shortly after the 1867 Confederation of Canada.

Isabelle Slotter is loosely based on Victoria Woodhull, a white prostitute who eventually became the first female candidate for president of the United States.

Finstad-Knizhnik said it was only natural to have an ethnically diverse cast, as that was the reality of the time. Black and Chinese migrants had travelled north to flee the southern United States and various First Nations groups had been pushed closer together.

"It's a very real history. It's a very fascinating history. And it's one that I don't think we've really declared as a country, either Canadian or American," she said.

THE CANADIAN PRESS

Historic drama

**"Thousands and thousands of women like this actually existed. Their stories just haven't been told."**

**Actress Tattiawna Jones,** on the groundbreaking new TV western Strange Empire

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Prince William. ALL PHOTOS GETTY IMAGES

# William wants the prince to live an 'ordinary' life

If anyone can successfully take on the paparazzi — or, in this case, one individual paparazzo — it's Prince William.

His Kensington Palace office announced William and wife Kate Middleton have "taken legal steps to ask that an individual ceases harassing and following both Prince George and his nanny as they go about their ordinary daily lives," according to a royal statement.

William and Kate "understand the particular public role that Prince George will one day inherit, but while he is young, he must be permitted to lead as ordinary a life as possible."

Seems reasonable enough, but that "as ordinary a life as possible" bit has got to be on a pretty impressive sliding scale when you're talking about a member of the royal family.

Still, points for effort.

# Downey up for Iron Man 4 — if Mel Gibson directs

You want more Iron Man movies starring Robert Downey Jr.? Well, he's got some very specific demands.

Although Downey has said a fourth Iron Man is out of the question, he agrees with Deadline's idea that he'd be up for it if Mel Gibson directs. "Why not? That movie would be bananas."

And he knows something about having a rocky past.

"I think it was just the very worst aspects of somebody's psyche being treated as though they were the blanket statement about a person," he says of Gibson's troubles.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**Pop goes the week**

## *Levine mellows with marriage, Lavigne ages without Chad*

STARGAZING
Malene Arpe
scene@metronews.ca

**This week in Is Anything Even Real Anymore?** 1. Kelis says she doesn't like milkshakes. 2. Tom Selleck says he's never given his moustache a nickname. 3. A Swiss study finds that cows really hate the sound of cowbells. 4. Ashton Kutcher reveals the name of his daughter (Wyatt Isabelle) and posts pictures of random babies and animals. 5. The trailer for Katherine Heigl's Home Sweet Hell indicates the odd possibility the movie may be funny. 6. Lindsay Lohan gets OK reviews for her Speed-the-Plow performance.

**Kendall and Kylie Jenner's novel sold only 13,000 copies.** "That's the final straw," says Kris Jenner, "they'll have to learn how to read and write, after all."

**In the new Maroon 5 video, Adam Levine plays an obsessive, blood-covered, neck-bearded stalker.** So nice to see that marriage has mellowed him some.

**Avril Lavigne celebrated her 30th birthday without Chad Kroeger.** Which really is the most perfect birthday present for any woman at any age.

**Bono says George Clooney's wedding "was very emotional and lovely."** Which is pretty much the same as the response to the latest U2 album, except for the "lovely" part.

# LiLo might lie low after reviews of her stage debut

Lindsay Lohan's London stage debut is out of previews and officially opened, but the critical response has not improved.

Mark Shenton, writing for The Stage, says Lohan is "clearly out of her league and embarrassing on stage, still calling for prompts."

Quentin Letts of the Mail Online calls her turn in David Mamet's Speed-the-Plow a "travesty of art" and criticized the show's producers because they "sold their art for a potage of notoriety."

Even the positive reviews feel like backhanded compliments, like Michael Billington's Guardian review that praises Lohan for a "perfectly creditable performance"

Still, Lohan's got some influential fans on her side, like Oprah Winfrey, who stopped by backstage after a performance.

I guess bad feelings they had over the Lohan-focused reality series Winfrey produced are behind them.

Lindsay Lohan

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LIFE

# Budgets are mind over money

**Take control.** Unconscious spending can quickly add up. Think before opening that wallet!

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

When everything's rolling along hunky-dory, it's easy to get into the habit of spending money. The full-on cable package with a side order of sports or movies is an easy buy when money is aplenty. The extra-large latte as you're rolling into work becomes a must-have. And lunches are a well-deserved reward for all the extra hours you put in. Thousands of bucks out the window without a second thought. Unconscious, habitual spending with only a momentary payback. Instant gratification at its finest.

If you're buying coffee a couple times a day and dropping $4.75 a pop, that's $2,280 a year. No, I'm not suggesting you give up your fix completely. Switch your caffeine dealer or sip smaller and send the rest to your emergency fund or your long-term savings. It's not about going without; it's about loving every sip even as you limit your indulgence so you have some money for other important things.

Lunches out are another way unconscious spending gobbles up money. An entrée can run to $15. Add a beverage or a cup of tea with the caramel praline cheesecake for dessert and you're shelling out $35 with tax and tip. Do that three times a week and watch $5,360 a year go down the toilet, literally.

Grocery shopping without a list? Only if you want to blow your budget! ISTOCK

Grocery shopping is a completely different experience than it was when our parents were raising us. We buy cherries off-season for $10 a kilo. A single dragon fruit can run to $4. We buy mangoes, star fruit and avocados in the depths of winter. We buy organic and we pay a pretty penny for the option. How much of what you buy is purchased on impulse? Do you end up using it all, or do you throw out those impulse purchases because you never get around to using it all up?

If you don't shop with a list, you're leaving yourself susceptible to all the contrivances retailers have come up with to separate you from your money. Become conscious of what you're buying and you can cut your grocery bill by 30 per cent. If you're currently averaging $1,200 a month for food, that'll save you over $4,300 a year.

Most people spend more on their insurance than they should. Insurance is yucky, after all, and having put it in place, it's easier to just keep paying whatever you agreed to and not think about it too much. Want to save some money? Most insurers offer a multi-vehicle discount, which can add up to 10 per cent off both cars.

Switch your home policy to the same insurer and save another five per cent. Ask about age, low mileage, anti-theft, occupational and auto club discounts, all of which could save you money. And raise your deductibles to $1,000. Potential overall savings? About 35 per cent.

Carrying a balance on your credit cards? About half of us do. And, sadly, many of us are unconscious enough not to know what it's costing us (or maybe we don't what to know!). Time to get those statements out to see what you're paying. More than 9.9 per cent? With your terrific credit history, you should be getting a better deal. Throw your weight around to have your interest rate lowered. Failing that, get a cheaper card and transfer your balance. A $5,000 balance at 18.9 per cent costs $945 a year in interest. Get the rate down to 9.9 per cent and cut costs by almost half. Better yet, get a teaser rate of 2.5 per cent, and save $820 a year.

Federal and provincial governments see cigarettes as a major source of income. Are you *still* smoking? Seriously? Smoking a pack a day eats up almost $4,500 a year. Sipping three bottles of moderately priced wine a week swallows $2,500 of your hard-earned money annually. It's easy to spend money without giving it a second thought. It's also very expensive.

**Quoted**

**Sipping three bottles of moderately priced wine a week swallows $2,500 of your hard-earned money annually** Gail Vaz-Oxlade

# Sense of humour changes as we age

**Study.** Adults over 64 less likely to find the funny in jokes made at the expense of others

Making jokes at the expense of others becomes less funny as we age, according to a new study that used sitcoms to gauge humour at the University of Akron in Ohio.

Dr. Jennifer Tehan Stanley, an assistant professor of psychology, set out to observe reactions to what she calls "aggressive humour" that defines the style of TV sitcoms such as The Office. In the experimentation phase of the study, she used clips from situation comedies such as Golden Girls, Mr. Bean, Curb Your Enthusiasm and of course The Office.

Working with a participant group of 30 young adults between ages 17 and 21, 22 middle-aged adults between 35 and 56, and 29 older adults between 64 and 84, Dr. Stanley showed them 14 clips from various situation comedies.

"While they watched the clips, we video-recorded their facial expressions to later code for smiles and laughter, and measured facial electromyography with electrodes on their face to capture activation of the smile muscle," Dr. Stanley told Relaxnews.

After each clip, participants were asked to rate how appropriate they thought the protagonist's behaviour was and how funny they found the clip on a scale of 0 to 100, she told Relaxnews, and they were screened on their understanding of the jokes.

Young and middle-aged participants found the aggressive humour funny, while their older counterparts did not, according to Dr. Stanley.

Instead, they preferred "affiliative humour" in which several characters share and navigate an awkward situation.

The study was published in the journal Psychology and Aging.

AFP

Older study participants prefer affiliative humour, in which several characters share and navigate an awkward situation. AFP

# Harvesting empowerment in produce

**Food for thought.** A school break — and a lesson in hard work — for teen farmhands during potato season

Do you think the benefits of exposure to a field of work merit a pause from a pen and paper? ISTOCK

In the gentle hills of northern Maine, far from the rocky coastline and lighthouses, teenagers trade warm classrooms for cold potato fields every fall, just as they have for generations.

Schools shut down — sometimes for weeks at a time — while their students haul in the harvest or monitor conveyor belts for potatoes that don't measure up as farmers rush to fill their stores before the ground freezes.

But as farm operations consolidate and heavy machinery make them more efficient, farmers wonder how much longer there will be a place for the harvest breaks that as little as 20 years ago saw kids handpicking potatoes for 50 cents a barrel.

"Eventually it'll probably fade away," said Wayne Garrison, the 72-year-old co-owner of Garrison Farms, which hired eight high school students to help harvest its 700 acres of potatoes. "I'd hate to see it go, I really would."

Nearly a dozen high schools here emptied for this year's harvest — fewer than the old days, when virtually all schools shut down.

This year, only a handful of high schools have closed for the entire three-week harvest. And school boards are continually grappling with whether or not to continue the tradition as modern farming reduces the need for large numbers of labourers.

"All things change," said Don Flannery, executive director of the Maine Potato Board. "Will there be harvest recess 10 years from now in Aroostook County? I'd be surprised."

The harvest is a dirty, noisy mechanized ballet of tractors, trucks and fork lifts. But there's still a need for young farmhands, for now at least.

On a recent day in Mapleton, 16-year-old Nick Powers was operating one of the potato trucks, creeping alongside a harvester that offloads more than 30,000 pounds of potatoes every 15 minutes. "It's not easy work, but it's a good way to make quick money," he said.

Those who work the full three weeks will earn about $2,000 — money some will save for college, a car or hunting gear. They'll also get a lesson in hard work.

"It's a good learning experience," said 16-year-old Malerie Buck, another Presque Isle High School junior and the daughter of one of the farm's owners, who was lined up along a conveyor belt, pulling rocks, plants and bad potatoes as they tumbled by. "You never know what work is until you do something hard."

Brent Buck, who was overseeing his daughter and other teenage workers in Mapleton, said the work is dirty, noisy and scary — full of many moving parts and big equipment.

"But there's something to be said for the fact that people are earning that first paycheque," said Buck, who along with two brothers owns a farm with 300 acres of seed potatoes. "You see that transition with the first job, the first paycheque, and the first opportunity."

The harvest break was once the norm in agrarian society but has long since been abandoned in most farming communities. One of the few other places with harvest breaks is Idaho, the nation's top potato producer, in small cities like Rexburg, Rigby and Shelley, said Don Odiorne of the Idaho Potato Commission.

It may seem strange that classrooms are empty just weeks after students started school. But many educators support harvest break because it benefits communities and teaches hard work.

"Educationally, you could talk to a hundred different people and you'd get a hundred different opinions on the impact of the harvest break on education," said Roger Shaw, school superintendent in Mars Hill. "I'd argue that kids who work during the potato harvest are exposed to a work ethic that they wouldn't normally get."

The work can be difficult, but also tedious. In Blaine, Shannon Scully and her friends have picked up another crucial life skill as they carefully monitor the spuds that come in from the field — finding the little workplace joys that make the day go a little easier.

"We find potatoes that are shaped like animals," she joked.

**A window into working life**

> **"There's something to be said for the fact that people are earning that first paycheque. You see that transition with the first job, the first paycheque, and the first opportunity."**
>
> **Brent Buck**
> Farm owner

**An industry that's definitely not small potatoes**

- Up until the 1940s, Maine was the potato capital of the United States, and Aroostook County — a place so vast that it's about the same size as the combined states of Connecticut and Rhode Island — is still home to roughly 50,000 acres of potato farms.

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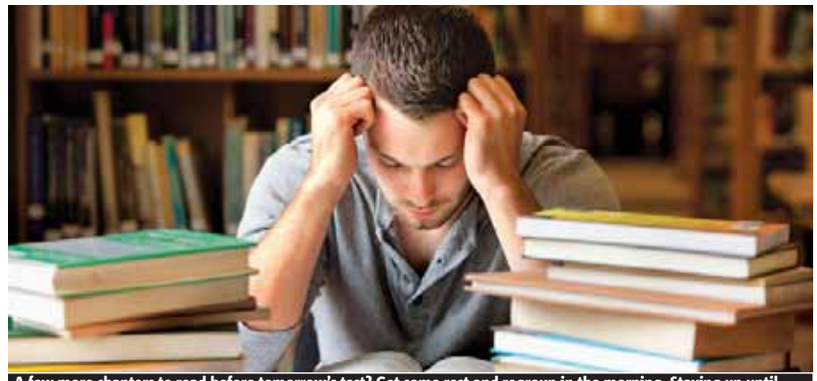

A few more chapters to read before tomorrow's test? Get some rest and regroup in the morning. Staying up until the wee hours won't help your cause. ISTOCK

## Study up on success.

Learn how to hit the books effectively and stop cramming for good

LAKSHMI GANDHI
Metro in New York City

Picture this: It's mid-term week, and college students everywhere are trying to frantically memorize all of the math formulas, political theories and historical facts they possibly can. Needless to say, most won't be successful.

"Cramming is like stuffing a cheap suitcase," says Benedict Carey, the author of the new book How We Learn: The Surprising Truth About When, Where, and Why It Happens.

"It stays in for a while and then it falls out."

While cramming does work in the short-term, most students forget most of the material within days.

We asked Carey for his advice on how to study more effectively.

### Break things up

Let's say you have three hours to study for a test. Carey suggests breaking up the material into three distinct parts. "It's called spacing," Carey explains. Studying for an hour and then taking a 15-minute break helps you retain information.

### Reject creating a routine

It's a myth that students should study at the same time and place every day. "Vary the music, the sights and the sounds around you," urges Carey. Taking your textbooks to a café to study can help you remember the material better. "All of those things enrich that memory," says Carey.

### Quiz yourself

Instead of solely devoting your study time to memorizing the material, Carey says students should also make it a point to test themselves. "Let's say you are studying a language," says Carey. "If I give you 10 words, it's much better to test yourself than to study them again and again."

**Remember to sleep**

- Most students probably sense that all-nighters are unhealthy. Carey has the science to prove it. "Sleep is a kind of learning, too," he says. If you feel like you absolutely need an extra few hours to review before your test, Carey says it's better to wake up earlier and study rather than staying up well into the night.

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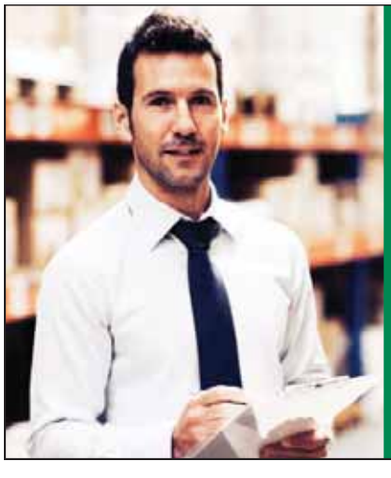
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Lessons from the desert

# *Truly take the lead by sharing it with your team*

**The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.**

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Every member of your group is able to lend a unique strength to the act of guidance. ISTOCK

For teams to succeed over the long term, every member must step into the position of leader, irrespective of their role on the team. Racing desert team events, each member of our team of three was required to run 250 kilometres while remaining within 10 metres of one another. While assigned a role, when circumstances dictated a change, we all had to switch and appoint a new leader. It led us to a win in the Atacama and a close second place in the Sahara race.

We sometimes forget that in order to lead, one must have willing followers. Leading by entitlement is rarely effective nowadays. Leadership is earned, and over the course of a long race, one type of leadership can wear on a team. Each leader has an expiry date, and as teams encounter challenges, that date is typically accelerated. If leading from the front, a leader stops being heard or needs to be shielded from the pressure of leading for brief moments to revitalize before leading again. If leading from the back, the front line will need to experience the leader stepping up to the front line to get firsthand knowledge of what goes on and do some of the more tedious work. Teams who can naturally share leadership tend to do better. Either a teammate intuitively senses when to step in and replace the leader, or the leader naturally and willingly follows at times.

Influence with integrity

**"We sometimes forget that in order to lead, one must have willing followers. Leading by entitlement is rarely effective nowadays."**

At work or in a team race, most of us have a default preference that determines our comfortable place in the team ecosystem. In the desert, it became obvious that no one should be at the front to pull the team for the whole race, even though they could. We were better together by performing our duties to the best of our abilities and were united by frequently switching from being willing followers to willing leaders even if out of our comfort zone.

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# A case of sticks and stones or a gentle joke?

**Dear Metro,**

**My boss has started calling me a humiliating nickname that I don't like: Shrimp. At first she just wrote it in emails, but she's started using it with other staff members. This week she even called me Shrimp during a meeting with outside clients! I know I'm short, but I don't like having it pointed out on a daily basis. I've hinted that I don't find it funny, but it didn't help. How do I get her to stop?**

**— That's Not My Name**

OFFICE SPACE
Eleni Deacon
life@metronews.ca

If the humour vibe around you is more endearing than it is snearing, it may be time to get in on the laughter. ISTOCK

Dear TNMN,

Hey there, Shortstop. Is it OK if I call you that? What about Squirt? Still weird? As a fellow member of the vertically unimpressive (I hit five feet two inches and a *very* significant half), I can empathize with the shrimp complex.

The top shelf is beyond your reach. Your jeans drag on the floor. You can barely ride a roller coaster. It can be frustrating — especially when there's a Shaquille O'Neal standing in front of you at a concert.

But beyond the practical irritations, being small is no big thing.

Which means this nickname should not make paella of you. Since your boss has ignored your hints, assess her motivations.

Maybe her crustacean-fixation is a genuine term of endearment: The nickname could signal you've entered her inner circle. If that's the case, I suggest owning it. When she pokes fun of your height in a meeting, ask for a booster seat.

When she addresses an email to Shrimpie, sign back Red Lobster. Get in on the joke, rather than letting the joke get you.

But if she's calling you Shrimp to belittle you — literally — that's another kettle of prawns.

Bully bosses can skewer your sense of workplace self-worth, slowly charring your confidence to a BBQ'd husk.

In this case, the same logic holds: owning the joke will take away its power.

If you're not comfortable making fun of your own under-par stature, scrap the hints and be direct.

Tell your boss you're no hors d'oeuvre, and keep saying it until she stops. Shrimp may be invertebrates, but you've got a spine.

However you choose to deal with this, be your own a captain — not a kebab.

**ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.**

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# Sensitive issue of teeth

## *Don't let pain hinder your enjoyment of winter sports*

SHUTTERSTOCK

You are out for a run on a crisp fall morning, you take a deep breath … and ouch! The pain of sensitive teeth can be waiting for you around every corner. What causes it, and how can you manage it so you can enjoy everything winter has to offer?

If you are noticing tooth sensitivity is more acute this time of year, it's not your imagination.

"Surveys have shown that 65 per cent of Canadians say they suffer from tooth sensitivity compared to only around 50 per cent of Americans," says Toronto dentist Dr. Janet Tamo. "With cold drinks, cold food and cold air being top triggers, it's no wonder that more Canadians say they have sensitive teeth."

There are many reasons one can develop sensitivity.

"Acidic foods and beverages, toothbrush abrasion, clenching and grinding of teeth are some of the causes of tooth sensitivity," Tamo says.

Teeth also respond to extremes in temperature, which is why you might cringe when you drink a cold beverage, sip on a cup of hot tea or breathe in cold air. But what causes the pain?

"The dentin (the layer of the tooth that lies under the enamel) has tubules that connect the enamel to the nerve," Tamo says.

"If the dentin is exposed due to hard brushing or acid from sugar or acidic foods, the tubules deliver the cold sensation directly to the nerve of the tooth, causing an ache."

For those of us who enjoy playing winter sports, this can — pardon the pun — be a real pain. That's why National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, have partnered with Crest to introduce new Crest Sensi products.

Do you have sensitive teeth that bother you this time of year? Start by talking to your dentist or hygienist for advice.

"They can instruct you on proper brushing and flossing technique to avoid damaging the teeth and gums," Tamo says.

Also, choose a soft-bristled toothbrush and toothpaste formulated for sensitive teeth to help reduce sensitivity over time so you don't have to avoid your favourite winter activities.

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SHOPPERS DRUG MART

# Get Turkey Day off to an impressive start with a show-stopping appetizer

**Alternative Thanksgiving Week.** Some of your guests may have unique tastes and preferences. For the next five days, we've got you covered

**ROSE REISMAN**
For more, visit rosereisman.com or follow her on twitter @rosereisman

**This recipe serves six.** ROSE REISMAN

For a Thanksgiving show stopper, make this delicious pumpkin or squash soup served in the shell. Both are in the winter squash family and have a sweet, smooth and creamy flavour and texture, which makes the soup taste like it's loaded with butter and cream.

Squash and pumpkin are low-glycemic foods, meaning they release sugars slowly and help to keep you feeling full longer. The cinnamon and ginger gives this soup its distinctive flavour.

One cup of pumpkin contains more than 2,000 per cent of your daily recommended amount of vitamin A, which helps your vision. Pumpkins are also a source of vitamin C, which works to improve your immune system — important for the cold weather months!

They also contain antioxidants, specifically beta carotene, which fights free radicals causing cancer.

What makes serving in the shell so quick and easy is microwaving the vegetable — it takes much less time than roasting and keeps its shape.

Starting your Thanksgiving meal with a filling soup like this will lessen your appetite for all the turkey, trimmings and pumpkin pie!

**Ingredients**

- 6 small acorn squash or pumpkins
- 2 tsp vegetable oil
- 1 1/2 tsp minced fresh garlic
- 1 cup diced onions
- 1 1/2 lb cubed peeled acorn or butternut squash or pumpkin
- 3 cups gluten-free chicken or vegetable stock
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- pinch salt and freshly ground black pepper
- 1 tbsp honey
- 3 tbsp low-fat yogurt

## Directions

**1.** With a sharp pointed knife, pierce squash all around. Place two squash at a time in microwave and cook on high 4 minutes or just until barely tender. Cool while preparing soup.

**2.** Spray non-stick saucepan with cooking oil, add the vegetable oil and place over medium-low heat. Stir in the garlic and onions. Cover and cook until softened, 3 minutes.

**3.** Stir in squash, stock, cinnamon, ginger, salt and pepper. Bring to boil, then reduce heat to medium-low. Cover and cook for 15 minutes, or until the squash is tender. Add honey.

**4.** Meanwhile remove the top of the squash cutting below the stem. Save for the garnish. With a spoon remove the seeds and stringy flesh and some of the pulp to make a soup bowl.

**5.** Transfer soup to food processor or blender. Purée until smooth, working in batches if necessary.

**6.** Ladle into individual pumpkin or squash shells and garnish with a dollop of yogurt.

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DUI arrest

## Phelps puts swimming on hold

Putting his swimming career on hold after his second DUI arrest, Olympic champion Michael Phelps began a six-week program Sunday that he said "will provide the help I need to better understand myself."

The winningest athlete in Olympic history made the announcement in a series of posts on his Twitter account.

Phelps entered an inpatient program that will keep him from competing at least through mid-November. THE ASSOCIATED PRESS

NBA pre-season

## LeBron gets 2nd half off in Cavs' win over Tel Aviv

LeBron James scored 12 points before resting in the second half and the Cleveland Cavaliers gave new coach David Blatt an exhibition win over his former team, beating Maccabi Tel Aviv 107-80 on Sunday night.

James has been monitoring an "iffy" back in training camp. He was kept out of a practice Friday and Blatt is being cautious with the four-time MVP. THE ASSOCIATED PRESS

LeBron James scored 12 points in the first half in the Cavs' exhibition game against Maccabi Tel Aviv on Sunday. THE ASSOCIATED PRESS

Whitecaps goalkeeper David Ousted of Denmark shouts at FC Dallas' Blas Perez after the two nearly collided during Saturday's match at BC Place Stadium.
DARRYL DYCK/THE CANADIAN PRESS

# Intensity brimming over in Caps-Dallas matchup

**MLS.** Rivals' latest clash presents tantalizing playoff possibilities

CAM TUCKER
cam.tucker@metronews.ca

The Vancouver Whitecaps and FC Dallas could — we emphasize "could" — meet in the first round of the MLS Cup playoffs.

Three games remain in the regular season for Vancouver, which currently holds the fifth and final playoff spot in the Western Conference, sitting one point ahead of the sixth-place Portland Timbers.

If the playoffs were to begin Monday, it would be the Whitecaps against Dallas in a one-game match, with the winner advancing to the conference semifinals.

The Whitecaps defeated FC Dallas 2-0 on Saturday at BC Place Stadium. It was a chippy, testy game that featured a quick shoving match between Vancouver assistant coach Martyn Pert and Dallas head coach Oscar Pareja after the final whistle.

Both had to be restrained by players on the field.

How the league deals with the incident remains to be seen.

Whitecaps goalkeeper David Ousted got in the grill of Dallas striker Blas Perez, angrily pointing a finger and delivering a few choice words.

The mere prospect of such a meeting is enough to clamour interest even before the regular season reaches its conclusion.

The Whitecaps and FC Dallas do not like each other.

It seems to have been this way right from Vancouver's inaugural MLS season in 2011.

Dallas has gained an unfavourable reputation with supporters in Vancouver for diving and theatrics, and the Whitecaps certainly seem to ramp up the physical side when these teams meet.

The potential for fireworks come playoff time is there.

"If these two teams meet, I think it's going to be a brawl, to say it lightly," said Ousted after Saturday's win.

"You just see that (our) people get into every tackle and they did as well. They're a team that works really hard and wants to compete every time. If we get to there, I think it's going to be a great match, but we've still got a lot of work to do."

# Raptors wowed by Rogers Arena crowd

The Sacramento Kings' Carl Landry corrals the ball from the Toronto Raptors' Lou Williams on Sunday at Rogers Arena. DARRYL DYCK/THE CANADIAN PRESS

Jonas Valanciunas got his hands on the ball and the crowd cheered wildly. Rudy Gay got his hands on the ball and the crowd booed fiercely.

This was, after all, an exhibition game between the Toronto Raptors and Sacramento Kings ... in Vancouver.

Still, those in the southern corner of British Columbia pledging allegiances to Toronto's NBA team quickly let Gay know how they felt about the former Raptor.

Yes, Rogers Arena was bumping, a crowd of 18,900 filling into the seats, fans banging together those inflated thundersticks, "oohing" and "aahing" with every near miss or basket, some rising to their feet in thunderous ovation to show their approval for a Terrence Ross steal and slam dunk.

A "Let's go Raptors!" chant broke out seconds after the game started. The team arrived in the city this week for a segment of training camp.

Playing in Vancouver as part of an NBA Canada initiative, the Raptors took this one by a score of 99-94.

"It was amazing. This was crazy. It sounded like a playoff game. It really did," said guard DeMar DeRozan, who finished with a team-high 21 points.

"Beautiful. It was exciting. It felt like you were back in Toronto," added head coach Dwane Casey. "Really proud of this crowd. This crowd, and our crowd is two of the best. They're second to Toronto's crowd but really impressed with the pride and we're really happy to be a part of that."

CAM TUCKER/METRO

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Royals infielder Eric Hosmer is welcomed back to the dugout by Salvador Perez after hitting a two-run home run against the Los Angeles Angels in the third inning of Game 3 of the ALDS on Sunday night in Kansas City, Mo.

TRAVIS HEYING/THE ASSOCIATED PRESS

# Royals sweep Angels to take divisional series

**'Anything happens in the playoffs.'** KC will be a tough team to beat in the playoffs, says Angels' manager

The Kansas City Royals waited nearly three decades to return to the post-season. Now that they're here, they want to stick around for a while.

Alex Gordon hit a bases-clearing double in the first inning, Eric Hosmer and Mike Moustakas each homered and the wild-card Royals finished off a three-game sweep of the mighty Los Angeles Angels with an emphatic 8-3 victory Sunday night in the AL Division Series.

The scrappy team with the quirky manager, popgun offence, dynamic defence and lights-out bullpen will open the AL Championship Series against the Orioles beginning Friday night in Baltimore. Kansas City went 4-3 against the O's this year.

"I've never seen this group of kids so confident on the big stage," Royals manager Ned Yost said. "It's really fun to see their development and watch them come into the post-season and just really take their game to the next level."

The Angels, 98-64 in the regular season, became the second team in the divisional era that began in 1969 to have the best record in the majors and get swept out of the playoffs, STATS said. In no small coincidence, the Royals dealt the same humiliating fate to the New York Yankees in the 1980 ALCS.

"Anything happens in the playoffs," Angels manager Mike Scioscia said. "You don't go in with any badge saying you won the most games, and you're certainly not going to get any points for that going into the playoffs."

As for the Royals, "they're going to be a team tough to beat in this tournament," he said of the team whose fans have waited 29 years for another taste of the post-season.

THE ASSOCIATED PRESS

**Orioles-Tigers**

**Nelson Cruz, Buck Showalter and an unheralded bunch from Baltimore swept aside Detroit's Cy Young winners in their series-clinching win.**

- **Cruz-ing to victory.** Nelson Cruz sliced a two-run homer, helping the Orioles hold off the Tigers for a 2-1 win.
- **Date with royalty.** The Orioles open up the ALCS on Friday against the Kansas City Royals.

**Hurricanes-Capitals**

## Skinner leaves game after Niskanen hit

Carolina forward Jeff Skinner left the Hurricanes' pre-season finale against Washington after being hit in the head by Capitals defenceman Matt Niskanen.

Niskanen hit Skinner in the head with his forearm just after the Hurricanes centre completed a faceoff.

Skinner had trouble getting to his feet and was wobbly as he left the ice.

Skinner missed time in each of the last two seasons with concussion symptoms.

THE CANADIAN PRESS

## 500 times Peyton Manning

Peyton Manning threw his 500th career touchdown on Sunday against the Kansas City Chiefs in Denver. Scan the image with your Metro News app for more action from around the NFL Sunday. DUSTIN BRADFORD/GETTY IMAGES

## AUGMENTED REALITY

**Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

metro AR

→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
It may be hard to figure out why a loved one is behaving badly but you should look for the reason. At work, you are advised to take what others say as the opposite to what they mean.

### ♉ Taurus
**April 21 - May 21**
According to the planets you have reached the end of one particular road and what happens in the run-up to Wednesday's eclipse will point you in a new direction.

### ♊ Gemini
**May 22 - June 21**
Something may look simple on the surface but if you dig deeper over the next 24 hours you will find it is anything but. Stand back and view what's going on from a wider perspective.

### ♋ Cancer
**June 22 - July 23**
Emotions will run deep over the next few days. Don't be shocked if there are a tears. In the greater scheme of things nothing of substance is likely to change.

### ♌ Leo
**July 24 - Aug. 23**
Travel and all forms of communication are highlighted over the next seven days, so make sure you plan your comings and goings well.

### ♍ Virgo
**Aug. 24 - Sept. 23**
An awkward situation won't seem so once the lunar eclipse in midweek has done its work. Until then, tread carefully when dealing with certain people.

### ♎ Libra
**Sept. 24 - Oct. 23**
It may seem as if several things are going wrong all at the same time but is that really the case? More likely you are overreacting to situations you don't really understand, so calm down.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Your enthusiasm for a plan is likely to wane over the next few days, but that's OK. You gave it your best shot and that is all you can ask of yourself.

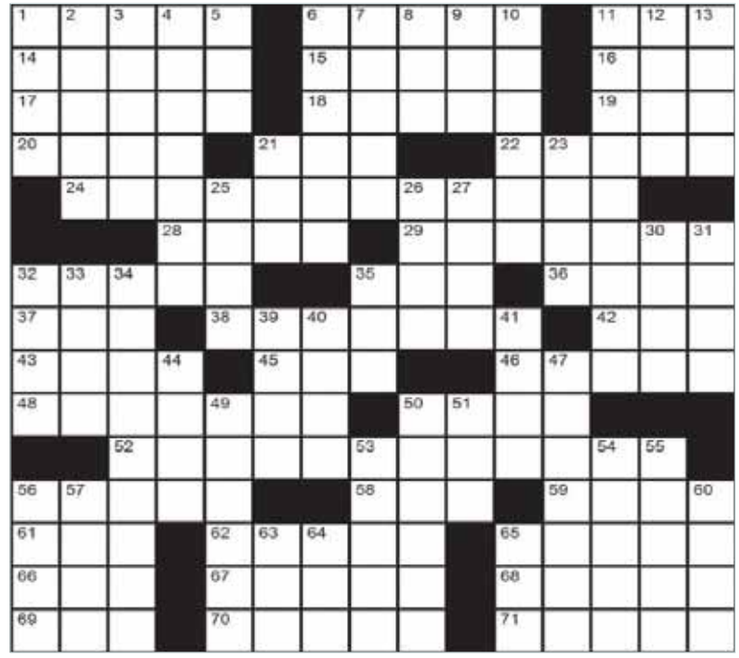
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Don't change your plans because of a minor setback. What appears to be a disappointment now may, in the long-term, be a blessing.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
If you are happy with your social standing that's great. If not, start thinking about how you would like to change the way you are seen by the world.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
You are in the middle of one of the most fortunate times of the year and even when things seem to go wrong they will come good in the end. With that thought in mind, don't be afraid to take a few risks.

### ♓ Pisces
**Feb. 20 - March 20**
You dislike having to admit you were wrong but if you can't bring yourself to do it, the lunar eclipse in midweek will make your error look even worse.

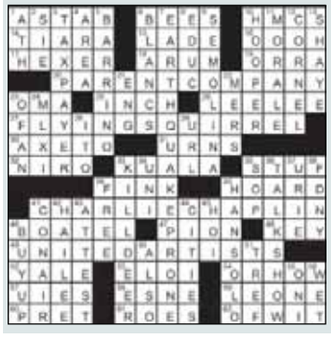
## Crossword: Canada Across and Down by Kelly Ann Buchanan



**Across**
1. Tanya __, 2014 Polaris Music Prize winner (More at #52-Across and #4-Down)
6. Gardener's green digit
11. "Understand?"
14. Before: French
15. "Able was _ __ _ saw Elba." (Palindrome)
16. Pre-1868 Tokyo
17. Mr. Shankar, and namesakes
18. Shiny flash
19. Mr. Torme of tunes
20. Carpe __! (Seize the day!)
21. Leandro's beloved
22. Upgrade from a bike
24. Casual pants choices: 3 wds.
28. Places
29. Momentum
32. Fashion mag
35. Computer co.
36. Desert-like
37. Egyptian Myth: Beatified spirit
38. Stanley Cup winner, e.g.: 2 wds.
42. Celebrity chef Ms. Drummond
43. Malayan sailing boat
45. Assist
46. "I ____" (2001), Penn/Pfeiffer picture
48. Canada Post deliveries
50. 'Emblem' suffix
52. Type of artist #1-Across is: 2 wds.
56. Prince William's surname, as needed
58. "Mad About You" actress ...her initials-sharers
59. Les Etats-__
61. Canadian novelist Ms. McKay
62. Who Farley rescued from that river
65. The __ House (Set-in-Nova-Scotia best-seller by #61-Across)
66. Un-yeses
67. Macbeth's title
68. Marie-Josee __, Canadian actress
69. Approx.
70. Mr. Marley, Bob's company
12. Nice notion?
13. __ bracelet
21. Little amphibian
23. Tony Curtis/Sidney Poitier movie, "The Defiant __" (1958)
25. "You're putting __ __, right?!"
26. Correspond
27. Ms. Watson
30. Carbamide
31. Come across as
32. Comical Andy
33. Pod vegetable
34. Monday, October 6th: 2014 Scotiabank Giller Prize announcement
35. "__ better be!"
39. __: Spartan Assault (Video game)
40. Ms. Bonet
41. Foremost
44. Languish
47. "Sincerely": 1955 __ Sisters hit
49. Artificial
50. Ms. Tisdale
51. Olde-style word
53. Object
54. Company in 2001 headlines
55. Posh
56. Lessen
57. Actor John
60. "__ Leaving Home" by The Beatles
63. Greek letter
64. "Maple Leaf __": Piano tune by Scott Joplin
65. Alphabetic trio
71. Canadian director Mr. Arcand

**Down**
1. Canadian convenience store company, Alimentation Couche-__ Inc.
2. AVOIR: J'__...
3. Courtroom mallet
4. Winning album by the Inuk artist at #1-Across
5. Liq. amounts
6. River in Iraq
7. Bound-to-the-land person of ancient Sparta
8. William Tell's canton
9. Fellows
10. Image file format
11. Canadian bread

### Friday's Crossword



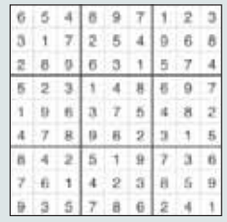
### Online

See today's answers at metronews.ca/answers

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Friday's Sudoku



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | | 9 | | 5 | | | | |
| | | | 6 | | | | 1 | |
| | 4 | | | 3 | | 9 | | |
| 7 | | 1 | 5 | | 2 | 4 | | |
| | 2 | | | | | | 5 | |
| | | 4 | 7 | | 3 | 2 | | 8 |
| | | 5 | | 6 | | | 8 | |
| | 3 | | | | 7 | | | |
| | | | | 9 | | 7 | | 1 |

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Web: skilledimmigrants.vpl.ca
Employment information for career decisions
A free service for immigrants to British Columbia
Vancouver Public Library
Citizenship and Immigration Canada
WelcomeBC

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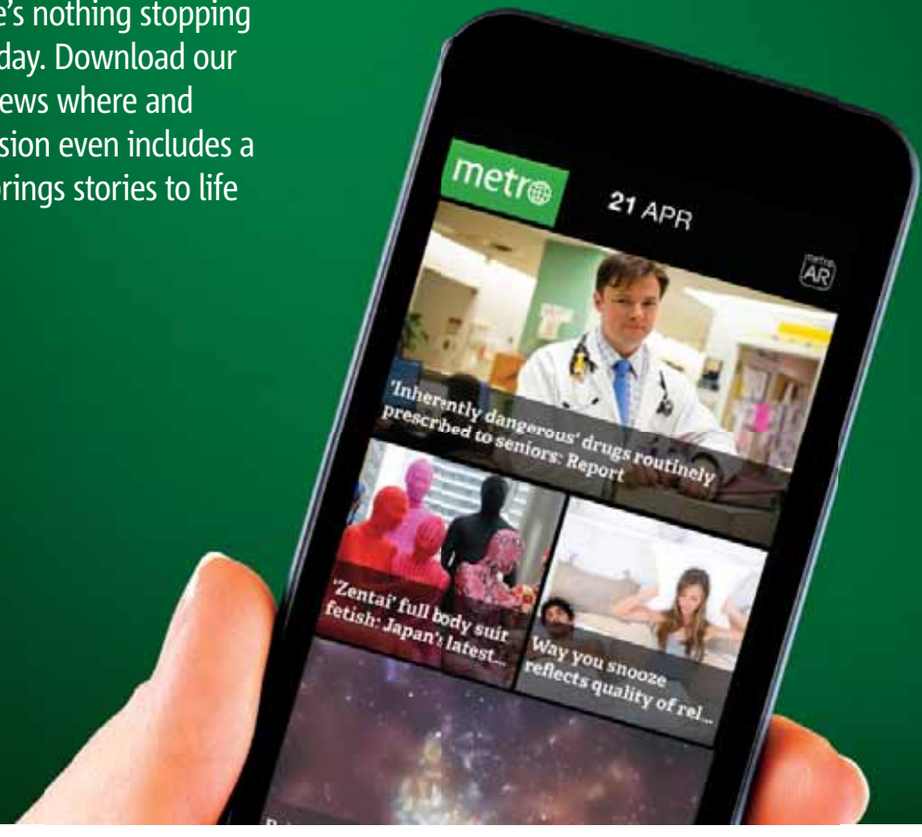
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